



OVERVIEW

Faithful Families Walking Challenge Taking Steps to Reconnect

**FAITHFUL
FAMILIES** Thriving
Communities



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Before starting the Virtual Walking Challenge, make sure you consult your physician or other health care professional. This is particularly important if you have a history of type 1 or type 2 diabetes, high blood pressure, or heart disease, or if you have ever experienced discomfort while exercising.

Congratulations on taking the Faithful Families Virtual Walking Challenge!

The following overview provides tools and resources that have been created to help you implement this challenge as we begin to reconnect after a year of physical distance.

The Virtual Walking Challenge is a fun way to encourage everyone in your faith community to stay physically active. During the **four-week event**, participants challenge each other to increase how much they walk from week to week.

The Walking Challenge includes **weekly newsletters with quick tips and ideas** that anyone can use to walk more. Participants try to follow these tips every day during the challenge period. **For every 10 minutes of walking, the participant receives 1 point.** Earn additional points by completing activities outlined in the Connection Points section of each week's newsletter. Each activity is worth 3 points (equivalent to 30 minutes of walking). The Walking Challenge log offers an easy way to record the number of points accumulated each day during the challenge. Participants will be using the log to keep track of their points.

At the end of the challenge, participants count the total number of points accumulated on their

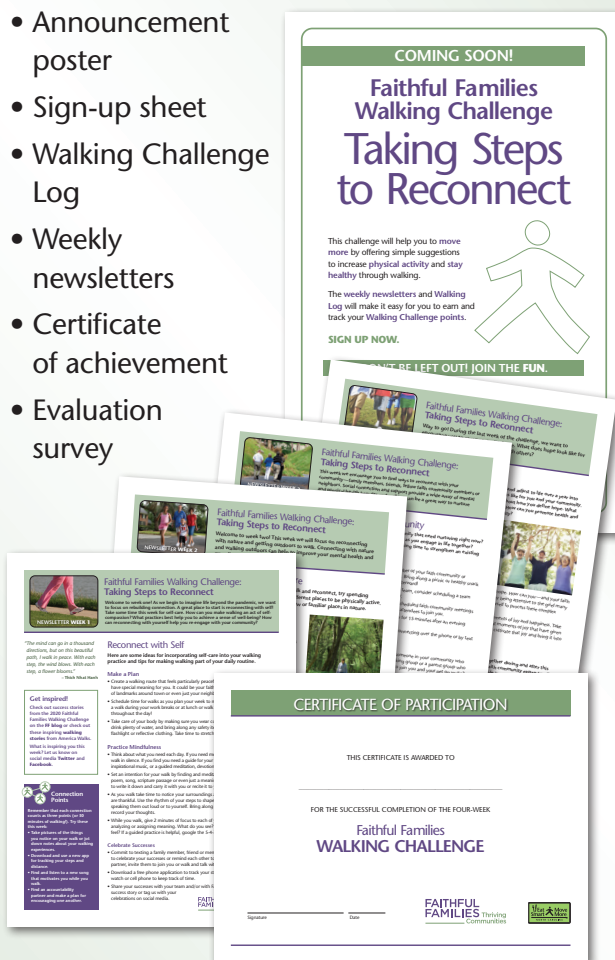
Walking Challenge log. Prizes or recognition may be given to the participants who earn the most points during the competition.

The Virtual Walking Challenge can also be done **with teams**. Each team encourages its participants to complete the four-week challenge. The team that earns the most points wins the challenge prize.

Materials for the challenge are available for download at: **FaithfulFamilies.com**.

These materials include:

- Announcement poster
- Sign-up sheet
- Walking Challenge Log
- Weekly newsletters
- Certificate of achievement
- Evaluation survey



ORGANIZING THE WALKING CHALLENGE

1. **TALK** with faith community's leadership about the Faithful Families Virtual Walking Challenge. Send them the challenge materials to review. Remind leadership that increasing physical activity will help people in the faith community to begin to be and feel healthier and rebuild connection after a year of social distance.
2. **DETERMINE** any prizes (e.g., fun socks, water bottle, etc.) or type of recognition for the winning participants. Be creative!
3. **ANNOUNCE** the Virtual Walking Challenge (poster template is provided). Consider sharing information through mail, email, text, social media, and/or website postings. Decide if the faith community will compete as individuals or teams.
4. **DESIGNATE** a Virtual Walking Challenge Team Leader for each team. The Team Leader will:
 - a. Keep track of team members using the Sign-up Sheet.
 - b. Help promote the event and recruit team members.
 - c. Distribute the Walking Challenge log and weekly newsletters to team members.
 - d. Collect and report the total number of points accumulated by the team.
 - e. Encourage team members to share their challenge experience on social media.
5. **RECRUIT** participants by mail, email, text, social media and/or website postings. A Sign-up Sheet is provided, which can be filled out on the computer or printed and filled out by hand.
6. **DISTRIBUTE** the Walking Challenge log to participants by mail or email. Remind the participants to keep a copy of the Walking Log with them so that they can enter points any time they complete 10 minutes of walking or when they complete any of the Connection Points activities. The log can be filled out on the computer or printed and filled out by hand.
7. **SEND** weekly newsletters to team members. These tips can be printed and mailed or emailed to participants.
8. **REMIND** participants of the Virtual Walking Challenge end date one week in advance. Set a designated procedure for collecting the Walking Challenge logs. If the logs will be collected via email, be sure participants know the date and time their logs are due as well as the email address they should send the logs.
9. **COLLECT** the Challenge Logs on the designated collection date.
10. **NOTIFY** winners within two days of collection. Sending out an email or post an announcement to recognize the participants. Consider making an announcement through faith community's communication channels, which could include virtual services or events. Sign and send participants a Certificate of Completion.
11. **EVALUATE** the Virtual Walking Challenge. Make a note of how many people participated. Use the provided Evaluation Survey to find out what they found helpful and what they thought was missing. The Evaluation can be filled out on the computer or printed and filled out by hand.
12. **FOLLOW UP** with faith community leadership about the program's successes and challenges and share the evaluation results. If participants had any ideas about how to promote walking in the faith community, talk with leadership about these ideas.

